

IFOS**CONSUMER
REPORT**

Product Name:

Omega First

Product Class:

Ultra Refined

Product Type:

EE 1200mg Capsule

Product Availability:

Canada

Product Summary:



Omega First Batch GO0962903, GO0962904 and GO0962905 is a clean and highly concentrated omega-3 fish oil product. Each 1200mg sample contains a minimum 60% omega-3 concentration as combined EPA and DHA, as well as natural lemon flavour and natural mixed tocopherols. This product receives a FIVE out of FIVE Star IFOS rating based on the following criteria:

- 1 Star for Passing All CRN/WHO Testing Categories - YES
- 1 Star for Greater Than 60% Omega-3 Concentration - YES
- 1 Star for Oxidation Level Less Than 75% of CRN Standard - YES
- 1 Star for PCB Levels Less Than 50% of CRN Standard - YES
- 1 Star for Dioxin Levels Less Than 50% of WHO Standard - YES

Regulatory Approvals: NPN 80004324

Batch / Lot #:

GO0962903, GO0962904, GO0962905

Expiry Date:

07/2012

Recommended
Daily Allowance:

1 - 3 Capsules

Company Name:

Health First Network

Company Phone #:

Toll Free 1-866-846-7447

Company Website:

www.healthfirst.ca



CONSUMER REPORT

CATEGORY 1 CONCENTRATION - Omega -3 Product Content vs. Product Label Claim

EPA

DHA

TOTAL OMEGA-3

Product Label Claim	Batch Results	IFOS Compliance
450mg/1200mg	503mg/1200mg	YES
250mg/1200mg	250mg/1200mg	YES
830mg/1200mg	830mg/1200mg	YES

CATEGORY 2 PURITY, SAFETY AND CLEANLINESS - PCB's, Mercury, Dioxins and Furans

PCB

Dioxins and Furans

Dioxin Like PCB's

CRN/GOED Standard	Detection Limit	Batch Result	IFOS Compliance
< 90 ppb	< ppt	15.161 ppb	YES
WHO Standard	Detection Limit	Batch Result	IFOS Compliance
< 2 ppt	< ppt	0.888 ppt	YES
< 3 ppt	< ppt	N/A	N/A

CATEGORY 3 STABILITY - Peroxide, Anisidine, Total Oxidation and Acid Value

Peroxide

Anisidine

Total Oxidation

Acid Value

CRN/GOED Standard	Batch Results	IFOS Compliance
< 5 meq/kg	3.4 meq/kg	YES
< 20 meq/kg	12.00 meq/kg	YES
< 26 meq/kg	18.8 meq/kg	YES
< 3.0 mg KOH/g	0.73 mg KOH/g	YES

CATEGORY 4 HEAVY METALS and MERCURY Lead, In-organic Arsenic, Cadmium

Mercury (Hg)

Lead (Pb)

Arsenic (As)

Cadmium (Cd)

CRN/GOED Standard	Batch Results	IFOS Compliance
0.1 ppm	< 0.01 ppm	YES
0.1 ppm	< 0.01 ppm	YES
0.1 ppm	< 0.1 ppm	YES
0.1 ppm	< 0.01 ppm	YES